

# 2018 METRO-LAKES CONFERENCE

## CROSS COUNTRY CHAMPIONSHIPS

Entries are to be complete online using **ENDUROUSA.COM**. Phone or faxed entries will not be accepted. If you do not already have an on-line entry account, you will need to visit the new **ENDURO** website ([www.endurousa.com](http://www.endurousa.com)). After you set up your account, you must **UPGRADE** your account to **“Coach of Record (school meets)”**. The blue button to upgrade is in the upper-right hand corner of the Home Page. After you upgrade, click on **“My Roster List”** and continue the following steps:

- Setup: then **UPGRADE** your **ENDURO USA** account so you can add your school and desired roster(s)
- After you upgrade, click on **“My Roster List” (left side of Home Page)** to find your rosters and add students
- Add the meet to your schedule (**Main Roster window**) and enter your students

**Deadline for entering is: 12:00 pm Monday, October 8th, 2018**

**LOCATION:** GHS XC course is on the North side of HS campus, 300 Ford Road.

**FORMAT:** All High School Boys and All High School Girls,

**\*There will be no JV races, so unlimited entries for all races**

Mid School Boys and Mid School Girls, (**only 6<sup>th</sup> thru 8<sup>th</sup> grade will be scored**)

We will be scoring the top 7 athletes only.

**RESULTS:** We will have computer timing and scoring at the finish line

**MEDALS:** There will be 10 medals awarded in each HS race, and each MS race.

**TIME:** Race packets will be available at 4:00 pm at the check-in table.

4:30 Mid Schools Girls 3200 meters

5:00 Mid School Boys 3200 meters

5:30 High School Girls 5000 meters

6:00 High School Boys 5000 meters

**AWARDS:** First place team awards ceremony in each division will be held following the posting of the High School Boys results.

**There will be restrooms at the softball field**

\*Buses will drop off and park on the East side of High School.

\*Spectator parking will be on the West side of the High School parking lot.

**Contact Information:**

**Warren Brumley**

Girls/Boys Head Cross Country Coach

Cell: 918-257-2685

School: 918-786-2209

[wbrumley@ridgerunners.net](mailto:wbrumley@ridgerunners.net)

**Alan Palesano**

Asst. Cross Country Coach

Cell: 580-791-2495

School: 918-786-2209

[apalesano@ridgerunners.net](mailto:apalesano@ridgerunners.net)

**Richard Bassett**

Grove A.D.

Cell:918-791-1104

School: 918-786-2209 ext 8

[rbassett@ridgerunners.net](mailto:rbassett@ridgerunners.net)

Grove x-country course  
5K  
2 Solid Lines

N

E

Ford Road

BUS  
PARKING

Bus Drop-off

START

FINISH

TEAM CAMPS

SPECTATOR Parking

Google Earth

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